

# Senior Services at the Lexington Community Center March/April Newsletter



March/April 2016 Issue 396

Lexington Senior Services

39 Marrett Road

Lexington, MA 02421

781-698-4840

[www.lexingtonma.gov](http://www.lexingtonma.gov)



*Connecting the Lexington community for  
greater health and well-being*

- Information
- Referral
- Limited Case Management
- SHINE
- Transportation
- Nutrition
- Programs/Activities
- Volunteer Opportunities

## The Council on Aging Board

Nancy Adler, Chair \* Gerry Howell, Vice Chair \*  
Betty Borghesani \* Ellen Cameron\* Camille Goodwin  
Sophia Ho \* Marion Kilson \* Harry Mackay  
\* Rich McDonough\* Barbara Rediker \* Julie Ann Shapiro

The COA Board meets monthly at the Community Center.

The next meetings are March 2<sup>nd</sup> and April 6<sup>th</sup> from  
2:30pm.-4:00pm. Working in collaboration with Human  
Services staff, the COA advocates for Lexington seniors  
and advises the Town Manager on policy issues.

The COA Board invites you to attend.

## Letter from the FCOA

In 1978, a group of concerned Lexington citizens formed an organization to help enrich the quality of life for our seniors. Called the Friends of the Council on Aging, because it was designed to work closely with the town's official Council on Aging, the new organization raised substantial funds from this community.

Over the years, the FCOA, supported by the generous contributions of Lexingtonians, has initiated and aided a large number of programs and activities which are enjoyed by our growing population of older citizens. Maybe you did not even know that the FCOA was behind the program.

Recently, for example, the FCOA has:

- ◆ Through a generous donation (\$40,000), supplemented by the Dana Home Foundation, (\$25,000), provided funds for furnishing the "Mansion" area of the Community Center, which will serve seniors.
- ◆ Continued to subsidize senior trips to places like the annual Flower Show, the Boston Harbor Islands, Gillette Stadium, colorful and dramatic trips to view fall foliage, and our popular special luncheons and lectures.
- ◆ Created, administered, and supported **OWLL**, an adult life long learning education program which now attracts over 250 participants each semester.
- ◆ Provides \$10,000 annually to fund **LexConnect**, a service for seniors that provides door to door transportation service at up to 70% off actual taxi rates.
- ◆ Enhanced the monthly forums sponsored by Lexington's veterans by providing honoraria for their speakers.

We need your help so we can continue to contribute to the daily lives of our seniors and add new initiatives. Your purchases at the Windowpane Shop and donations to the Fix it Shop go directly to the FCOA account to help fund programs and provide daily coffee service at the Community Center. Please consider joining with us to plan programs, volunteer, or consider a donation.

Sincerely yours,

Jane A. Trudeau  
President, FCOA

## Human Services Staff

Phone 781-698-4840 Fax 781-863-2271  
 Web Site Address- <http://www.lexingtonma.gov>  
 Monday - Friday, 8:30 a.m. - 4:30 p.m.

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Paula McGlynn, Office Manager	781-698-4845	<a href="mailto:pmcglynn@lexingtonma.gov">pmcglynn@lexingtonma.gov</a>
Gwen Jefferson, Administrative Clerk	781-698-4846	<a href="mailto:gjefferson@lexingtonma.gov">gjefferson@lexingtonma.gov</a>
Gina Rada, Veterans Services Director	781-698-4848	<a href="mailto:grada@lexingtonma.gov">grada@lexingtonma.gov</a>
Jeanette Rebecchi, Transportation Manager	781-698-4821	<a href="mailto:jrebecchi@lexingtonma.gov">jrebecchi@lexingtonma.gov</a>

## Special Programs

**Sign up in person or by phone at 781-698-4870.**

### Shifting Gears Program

**Thursday, March 10<sup>th</sup> from 9:30 a.m. to 10:30 a.m.**

Michele Ellicks, Community Outreach Coordinator for the RMV will discuss issues facing senior drivers, the Commonwealth's rules of the road and recent changes that have taken place at the RMV.

### Wine Tasting - Life Happens Wine Helps!

**Thursday, March 10<sup>th</sup> from 3 p.m. to 4:30 p.m.**

We will pair a nibble with each wine and discuss. Fun for both a novice or vintage wine lover. *Sponsored by Home Instead and Care One of Lexington.*



### Mt. Washington Summit Presentation

**Tuesday, March 15<sup>th</sup> from 10 a.m. to 11 a.m.**

Through interactive video conferencing, go live to the summit of Mt. Washington and learn about climate and weather from the hardy men and women living and working in the Observatory's legendary summit weather station.

### Lexington Memory Café

**Wednesday, March 16<sup>th</sup> & April 20<sup>th</sup> from 9 a.m. to 11 a.m.**

Are you or someone you know struggling with memory problems? Are you looking for a group of people that understands your need as a caregiver or an individual struggling with dementia or Alzheimer's? **For information/to sign up please call Cooperative Elder Services at 781-863-1166.**

### St. Patrick's Day Lunch

**Thursday, March 17<sup>th</sup>. Seating begins at 11:45 a.m.**

Enjoy a traditional lunch of corned beef & cabbage, dessert and beverage. Catered by Whitson's. **Please register & pay the receptionist \$5 by March 10<sup>th</sup>.**



### Mass College of Pharmacy:

#### Medication Adherence

**Monday, April 4<sup>th</sup> from 9:30 a.m. to 10:30 a.m.**

This program starts with a short presentation. Following the presentation you may meet individually with the pharmacist. Please bring your medication.



### Tones in Motion (\$80 per pair.)

**Wednesdays, April 6<sup>th</sup>-June 1<sup>st</sup> from 9:30 -10:30 a.m.**

Join us for a fun filled intergenerational early childhood music education class with song and movement activities for everyone from parents to caregivers and senior citizens. This class will provide everyone with an understanding of how song and dance help children grow mentally during the developmental stage. Class will run 45 minutes once a week for 8 weeks. All instruments and movement accessories will be provided.



### MBTA Senior CharlieCard Sign-Up Event

**Thursday, April 14<sup>th</sup> from 9:00 a.m. - 12:00 p.m.**

Seniors age 65+ drop-in to register for a Senior CharlieCard. Photo ID required (see page 4 for more details.)

**No sign up required.**

### Panel Discussion

**Tuesday, April 26<sup>th</sup> from 1:30 p.m. to 4:30 p.m.**

Join Barbara Deveau and Mary Hastings for an informative discussion on Preparing Your Home for Sale, The Fundamentals of Estate Planning, Medicare Overview & What New Beneficiaries Must Know, Protecting Against Elder Abuse.

**Sign up with Wells Fargo at 781-472-7857 or at the Community Center.**

Sign Up for March/April Programs begins:  
 February 10<sup>th</sup> for Lexington Residents/February 24<sup>th</sup> for Non-Residents

## Free Programs/Support Groups

### The Evergreen Group (Chinese Senior Support Group)

This group meets to talk about personal and family issues.

**Monday 10 a.m. March 14 and April 11**

### An Hour with Senator Donnelly

**Tuesday 10:30 a.m. March 15 and April 19**

### Corn Hole (Drop-In)

**Tuesday 1:00 p.m.-3:00 p.m. March 1 - April 26**

**NEW!**

### Money Matters

A discussion group focused on finances, stocks and the money market.

**Tuesday 9:30 a.m. March 1-April 26**

### Parkinson's Support Group

Facilitated by HS nurse but mainly led by the members. Ages range from 50's -80's, all at different stages of Parkinson's. Family members and caregivers are welcome to join their loved ones. Topics may include diet, medications, symptom management and coping mechanisms.

**Tuesday 1 p.m. March 1-April 26**

### World Affairs

A discussion group focused on important world issues and events.

**Tuesday 1:15 p.m. March 1 - April 26**

### An Hour with Kelsey Perkins (Katherine Clark's liaison)

**Wednesday 10:30 a.m. March 2 and April 6**

### Computer & Technology Group

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at <https://groups.yahoo.com/neo/group/LexingtonComputerGroup/info>

**Wednesday 10 a.m. March 2 - April 27**

### Caregivers Group

A support group for caregivers, caring for someone with memory impairment, looking for emotional and social support from peers.

**Call Hemali at 781-698-4844 to sign up.**

**Thursday 1 p.m. March 3 and April 7**

### Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in the visitor parking area

**Thursday 11 a.m. March 31 and April**

### Poker (Drop-In)

**Thursday 1:00 p.m.-3:00 p.m. March 3 - April 28**

**NEW!**

### Current Events

Join us for a lively discussion about the week's news.

**Friday 1:15 p.m. March 4 - April 29**

## Trips

### **Boston Flower Show and Maggiano's Friday, March 18<sup>th</sup>**

**\$79 (Lexington residents) \$89 (Non-residents)**



To celebrate the change of seasons from winter to spring, Boston annually hosts a magnificent horticultural exhibition. The 2016 Flower Show's special theme will be "Nurtured by Nature". A delicious luncheon is included at Maggiano's, one of Boston's finest restaurants, featuring appetizers, salad, entrees, pasta and dessert.

**Depart 9:30 a.m. (from 39 Marrett Rd.) Return 5:00 p.m.**

### **Isabella Stewart Gardner Museum**

**Thursday, April 7<sup>th</sup>**

**\$69 (Lexington residents) \$79 (Non-residents)**

Your driver will conduct a drive by tour of the Boston Common, the State House and the Public Gardens. Your first stop today will be the Isabella Stewart Gardner Museum, a world renown institution, evocative of a 15<sup>th</sup> century Venetian Palace. Later, a delicious luncheon is included at the Venezia Restaurant on Boston's waterfront. Please choose (baked had-dock, chicken parmesan, or steak tips) on sign up.

**Depart 9 a.m. (from 39 Marrett Rd.) Return 6:00 p.m.**



### **Trip Policy:**

Itinerary subject to change upon discretion of the tour guide. If insufficient enrollment causes a trip to be cancelled, participants will receive a full refund. Participants who withdraw from a trip 10 business days prior to the trip will not be eligible for a refund/credit. All refunds will be issued in the form of a check from the Town Treasurer's office. Please allow 3-4 weeks for processing refunds.



### **Movies -**

**Tuesdays at 1:15**

### **The Martian - March 8**

Drama, PG-13 (130 min.)

### **Learning To Drive - March 22**

Drama, R (90 min.)

### **He Named Me Malala - April 5**

Documentary, PG-13 (87 min.)

### **Woman in Gold - April 19**

Drama, PG-13 (109 min.)

## Veterans Services



The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

### Honor Flight New England

Honor Flight New England recognizes American veterans for your sacrifices and achievements by flying you to Washington, D.C. to see YOUR memorial at NO COST. Currently, top priority is given to World War II and terminally ill veterans from all wars.

For more information or an application, call Gina Rada, District Director of Veterans Services, at (781) 698-4848.

### Lexington Veterans Association

**Monday, March 14<sup>th</sup>, at 1:15 p.m.** at Cary Memorial Library (Meeting Room.) This program entitled: ***Pursuit: The Hunt for the German Battleship Bismarck, 27 May, 1941*** will be presented by Captain Robert Lewis, USN, Ret.

**Monday, April 11<sup>th</sup>, at 1:15 p.m.** at Cary Memorial Library (Meeting Room.) This program entitled: ***The Lexington Minutemen Company: History, Mission, Vision*** will be presented by Dr. Barry M. Cunha, DMD Captain Commanding, Lexington Minutemen.

For more information about the Lexington Veterans Association visit our website at [www.lexingtonveteransassociation.com](http://www.lexingtonveteransassociation.com)

### Winter Weather Policy:

If schools are closed due to the weather all Lex Cafe lunches (including Meals on Wheels) will also be cancelled. Call the Community Center at 781-698-4870 for program information.



## Transportation Services

### MBTA Senior CharlieCard Sign-Up Event

**Thursday, April 14<sup>th</sup> from 9 a.m. to Noon.**  
**In the Dining Room of the Community Center**

Avoid the trek downtown and apply for your MBTA Senior CharlieCard at the Lexington Community Center! A Senior CharlieCard is available to anyone over the age of 65 and reduces the cost of travel on MBTA services by upwards of 50%. You will be asked to fill out a brief application and have your photo taken. **Please also bring picture identification that includes a birth date.** There are no application or processing fees.

Existing Senior CharlieCard holders looking to renew a lost, damaged, or expired card can do so by simply calling the MBTA CharlieCard Store to request a new card be mailed at 617-222-3200 or 617-222-5854 (TTY). Individuals applying for a T.A.P. (disability) CharlieCard or a Blind Access CharlieCard can also participate in the event, however the application will need to be approved by the MBTA office.

For more information about the event call Lexington Transportation Services Division at 781-861-1210, or email [transportation@lexingtonma.gov](mailto:transportation@lexingtonma.gov).



### Patriot's Day Parade on LEXPRESS

**Monday, April 18<sup>th</sup> at 12:30 p.m.**

Be part of the parade by riding on Lexpress or walking with friends from the Community Center!

Meet in the Main Lexington Fire Station parking lot, 45 Bedford St., at 12:30 p.m. Bus will return to the Main Fire Station at approximately 3:30 p.m. Refreshments provided. Space limited. **If you want to ride the bus please register at 781-698-4870 by April 11<sup>th</sup>.**

## Living Well



### Podiatry

**Thursday, March 3<sup>rd</sup> & April 7<sup>th</sup>  
from 10 a.m. to 3:30 p.m.**

In an effort to focus more on wellness, in January we began using Pedi-Care LLC for our podiatry clinics. These specially trained Registered Nurses spend a full 30 minutes with each client. Since switching, we have had a very high demand for appointments. We are currently working with the company to add a second date per month. If you have any questions please contact Alicia at 781-698-4847.

*A specially trained registered nurse will perform the following services:*

- ◆ Assessments of the feet and lower extremities including: circulation, skin conditions, overall podiatric health.
- ◆ Trimming, filing and cleaning nails.
- ◆ Reduction of thickened toenails.
- ◆ Smoothing of corns and calluses.
- ◆ Massaging, moisturizing and powdering of the feet.
- ◆ Referrals to Doctors and/or Podiatrists as needed.
- ◆ Opportunity to verbalize problems, personal & medical.

*\*No podiatry appointments 2 months in a row.*

**Call the Community Center at 781-698-4870 to schedule your appointment. Cost: \$30 per 30 minute visit.**

### Mass Audiology Presentation + Hearing test- "Healthy Hearing" talk followed by Screenings Monday, April 25<sup>th</sup> from 2pm to 4pm

Join us for a presentation and to have your hearing professionally checked by Mass Audiology. In just 10 minutes they can check your ear canal and screen your hearing with an audiometer. If you already have hearing aids, they will clean them and replace your batteries and/or answer any questions you may have about your hearing device.

**Call 781-698-4870 for your FREE one-on-one hearing screening. Appointments are required.**



### "Ask the Nurse" Alicia Grunes, RN,BSN Sign up required at 781-698-4870.



#### BMI Screening

**Thursday, March 10<sup>th</sup> from 10 to 11 a.m.**

The BMI or Body Mass Index, is a tool used to assess if you are overweight, underweight or at a healthy weight. Health risks increase significantly as the BMI goes out of healthy range. Come learn what your BMI is and how to improve it!

#### Skin Care and Aging

**Thursday, April 14<sup>th</sup> from 10 to 11 a.m.**

Your skin goes through many changes as you age. Come learn how to care for and protect your changing skin.

#### Meals-on-Wheels

(Minuteman Senior Services.) Home-delivered meals. For information call 781-272-7177.



#### SHINE

Counselors are available to help you with your health insurance. Call the Community Center at 781-698-4870 to make an appointment. *SHINE* counselors are provided by Minuteman Senior Services and available by appointment only.

#### Senior Health Outreach Program

This program is available to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. For more information call Alicia at 781-698-4847.



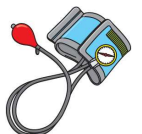
#### Blood Pressure Clinics

1<sup>st</sup> Thursday of the month - 10 - 11 a.m.,  
**Community Center**- 39 Marrett Road.

3<sup>rd</sup> Thursday of the month - **ALL Villages**  
**Countryside Village** - 10:00-10:30 a.m.  
off Woburn St.- in Lexington Housing Authority  
Office Building/Meeting Room.

**Greeley Village** - 10:45- 11:15 a.m.  
off Bedford St., turn in on Tewksbury St. or Shirley St. in the  
center building/meeting and laundry facilities.

**Vynebrooke Village** - 11:30-12:00 p.m.  
off Waltham St.- in the center building





## O.W.L.L. Courses for Older, Wiser, Lifelong Learners

Friends of the Council on Aging Program supported by a grant from The Dana Home Foundation

### O.W.L.L. Spring Semester Courses Starting in March/April 2016

This semester's course offerings have something for everyone! The following eight courses range from poetry reading to astronomy, history to literature, and philosophy to poetry writing! Please join us for OWLL's 6th semester.

For details about our instructors, please visit our website: <http://friendsofthecoa.org/owl.asp>

#### **Making History: Flower Power in the Victorian World (Thursdays, 10-11:30, 4 sessions, starting March 3)**

What made flora, in its myriad forms, so central a preoccupation in Victorian culture? How did the thirst for botanical knowledge give rise to world-changing consequences? This course will survey the history of the Victorian "age of flowers" and examine the ways in which flowers impacted history itself. **Instructor: Dr. Tatiana Holway**

#### **Science Fiction and Philosophy (Wednesdays, 2-4:00, 5 sessions, starting March 2)**

Philosophy and science fiction share a love of thought experiments. Through short stories, movies, and philosophical selections, we will consider the nature of time and the possibility of time travel, the essence of mind, and whether there is a kind of free will worth having.

**Instructor: Chris Phillips**

#### **Astronomy: A Visual Tour of the Cosmos! (Tuesdays, 10-11:30, 5 sessions, starting March 8)**

Space exploration and deep space discoveries have changed the way we look at the Earth and its future, the Solar System, the Milky Way Galaxy, and the rest of the Cosmos. This "visual tour" is an introductory astronomy course for the layperson designed to deepen one's knowledge of scientists' current evidence. **Instructor: Bruce Ward**

#### **The New Jane Austen! (Wednesdays, 10-12:00, 4 sessions, starting March 2)**

Recent biographies of Jane Austen reveal her to be a complex and relevant writer, one who tackles issues about being a decent, ethical individual in a culture that values material possessions, social hierarchies, and physical comforts often gained at the expense of others. Without preaching at us, she leads us to an enriched perspective on our own lives. **Instructor: Dr. Elizabeth Kenney**

#### **Poetry Reading: The Poetic Pulse! (Mondays, 10-11:30, 4 sessions, starting March 7)**

By reading established poets, we'll explore fundamentals of poetry, narrative content, and cultural significance. Through discussion, we will analyze works by comparing and contrasting literary devices and imagery. Participants will identify ways they can employ such devices to strengthen and expand their own work. **Instructor: Gavin Moses**

#### **Poetry Writing: Getting it Said! (Mondays, 10-11:30, 4 sessions, starting April 4)**

In a supportive collegial setting, poets will share and revise their work. We will let our authentic inner voices flow, identify poetic patterns in our expression, and explore ways to make the particular universal. By examining aspects of prominent poems, we will clarify our own writing. Participants will employ writing prompts to inspire imagination and to generate robust imagery. **Instructor: Gavin Moses**

#### **Discovering Design: Conceiving the World of the Play (Tuesdays, 3-5:00, March 1, 15)**

We will explore the design elements for New Repertory Theatre's production of Steve Yockey's new play, *Blackberry Winter*. What do we need to tell a story? How do we incorporate time, the audience, our space? Participants will imagine their own interpretations of what the play could look like, and compare them to professional productions. The course concludes with an optional group field trip. **Instructor: Bridget Kathleen O'Leary**

#### **Bach and Back (Mondays, 2-4:00, 4 sessions, starting April 4)**

Journey back in time as we explore 1,000 years of musical brilliance. Starting with the Baroque greats (Bach, Handel, and Vivaldi), the Renaissance giants (Monteverdi, Thomas Tallis, Palestrina, and John Dowland), and finally consider the Medieval magnificence of Gregorian chant, troubadours, and the beginnings of musical harmony. The course concludes with an optional field trip to a concert of 14<sup>th</sup> century songs. **Instructor: Laura Zoll**

**\*All registration for Older Wiser Lifelong Learning is through Lexington Community Center**

Checks (for \$25/course) should be made out to the Town of Lexington. Financial aid is available for Lexington residents. In addition, Lexington residents over 60 will be given preference when there is a limit in the number of course participants.

**Credit card** registration available online at: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm) **For further information, email [owll.fcoa@gmail.com](mailto:owll.fcoa@gmail.com) or call the Community Center at 781-698-4870.**

## Outreach & Community News

### Fuel Assistance Information for Lexington Residents

The Fuel Assistance Program helps with the cost of heating your home and accepts new applications **through April 30**. To find out if you qualify, or to complete an application you must make an appointment to meet with an intake worker, and you will need to provide required documentation. **Please call Human Services at 781-698-4855** to schedule an appointment or to inquire about the program.

### Property Tax Relief for Seniors

If you are 60 plus and have low to moderate income, you may qualify for 100% exemption from the Community Preservation Act property tax surcharge. The FY16 Property Tax Relief Brochure is available in the Assessor's Office. **If you have any questions please call the Assessor's Office at Town Hall at 781-698-4570.**

### 2016 Minuteman Cane Award

Nominees are currently being sought for the Minuteman Cane Award. Do you know a person who is at least 80 years of age, a 15 year resident of Lexington, actively involved in the community and an inspiration to others (while exhibiting a creative approach to life through a choice of either a second career, a hobby or volunteerism)? If so, consider nominating them for this award. Nomination forms are available at the Community Center, the Town Clerk's Office in Town Hall, in Lexington Center at the following locations: Michelson's Shoe Store, Theatre Pharmacy, Wales Copy Center and Cary Library. The form is also available on the Town website at: [www.Lexingtonma.gov](http://www.Lexingtonma.gov). This outstanding award is given on Patriots' Day after the Morning Parade during the ceremonies on the Battle Green.

**Completed forms should be submitted to: Minuteman Cane Committee, c/o Lexington Community Center, 39 Marrett Rd., Lexington, MA 02421 by NOON, Friday, April 1, 2016.**

### Help Preparing Your Income Taxes Sponsored by AARP/IRS

For those over 55 with low to moderate incomes, trained tax-aide volunteers will be available to help prepare your Federal and State income taxes. Appointments are required, **call 781-698-4855 to schedule an appointment**.

Save the Date



#### Upcoming Events:

Indian Lunch -Thursday, May 5<sup>th</sup>

Quilt Show - Thursday, May 19<sup>th</sup>

### "Medical Waste Drop-Off Day"

(Behind the town offices building)

**Saturday, March 26<sup>th</sup> 9am-12pm.**

They will take expired/unwanted medicine, sharp needles and syringes (must be stored in capped containers, such as detergent bottle, coffee can or similar sturdy non-returnable containers)



### Technology Seminars at Cary Memorial Library

Are you curious about computers?

Let Lexington's tech savvy teens show you how they use today's technology. The show and tell technology seminars will feature demonstrations of the latest websites and devices. No computer experience is necessary.

Seminars will be led by members of the Cary Memorial Library Teen Advisory Board. Each class will be held from 4-5 p.m.

- ◆ Monday, April 11 – Word Processing
- ◆ Tuesday, April 12 – Facebook
- ◆ Wednesday, April 13 – iOS for iPhone, iPad
- ◆ Thursday, April 14 – Video calls with Skype and Facetime

**The seminars are free, but you must register for each class you plan to attend. Please register starting Monday, March 28<sup>th</sup> by calling the Cary Library Reference Desk at 781-862-6288 x250 or register online at [carylbrary.org](http://carylbrary.org) and click on Events.**

Lexington Human/Senior Services  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421

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*Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.*

### **The Town of Lexington Department of Human Services**

Visit our website at <http://www.lexingtonma.gov>

#### **Lex Café - Senior Dining (age 60 plus)**

**Lunch: Monday, Wednesday and Friday, 12:00 p.m. To make a reservation or cancellation please call Despina at 781-698-4850 by 10 a.m. the previous day.** Weekly menus can be found at the Community Center. Suggested donation is \$3. Menus are subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. Brookhaven at Lexington has been contracted to provide meals.

#### **Lunch with Town Manager– Carl Valente**

Friday, March 18<sup>th</sup> and April 15<sup>th</sup> from 12 p.m.– 1p.m.

Carl encourages seniors to bring any questions and concerns to him at this time.

#### **Newsletter**

The Senior Services newsletter will be sent out automatically by mail to Lexington residents age 65 and over.

For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Community Center. If you would like to receive the newsletter electronically, please sign up at <http://www.egovlink.com/Lexington/subscriptions/subscribe.asp>

#### **The Friends of the Council on Aging (FCOA)**

Jane Trudeau, President \* Shirley Buck \* Dan Fenn \* Janice Kennedy \* Mickey Khazam \* Lorain Marquis  
\* Susan O'Keefe \* Elaine Smith \* Carol Snell \* Shirley Stolz \* Chris Worcester

The "Friends" are a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals and services. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>

If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center.

Mail to P.O. Box 344, Lexington, MA. 02420.



#### **Fix It Shop**

**Open Tuesday, Wednesday & Thursdays  
From 9:00 a.m. to Noon**

Do you have small items around the house that need repair? Bring them to the Fix-It Shop.

#### **Windowpane Shop**

**Open M-F, 9:30 a.m. - 2:00 p.m. Tuesday,  
Wednesday & Thursday from 10 a.m. to 2 p.m.**

Accepting small donations of like new clothing, jewelry and small gift items on

**Monday & Friday only.**